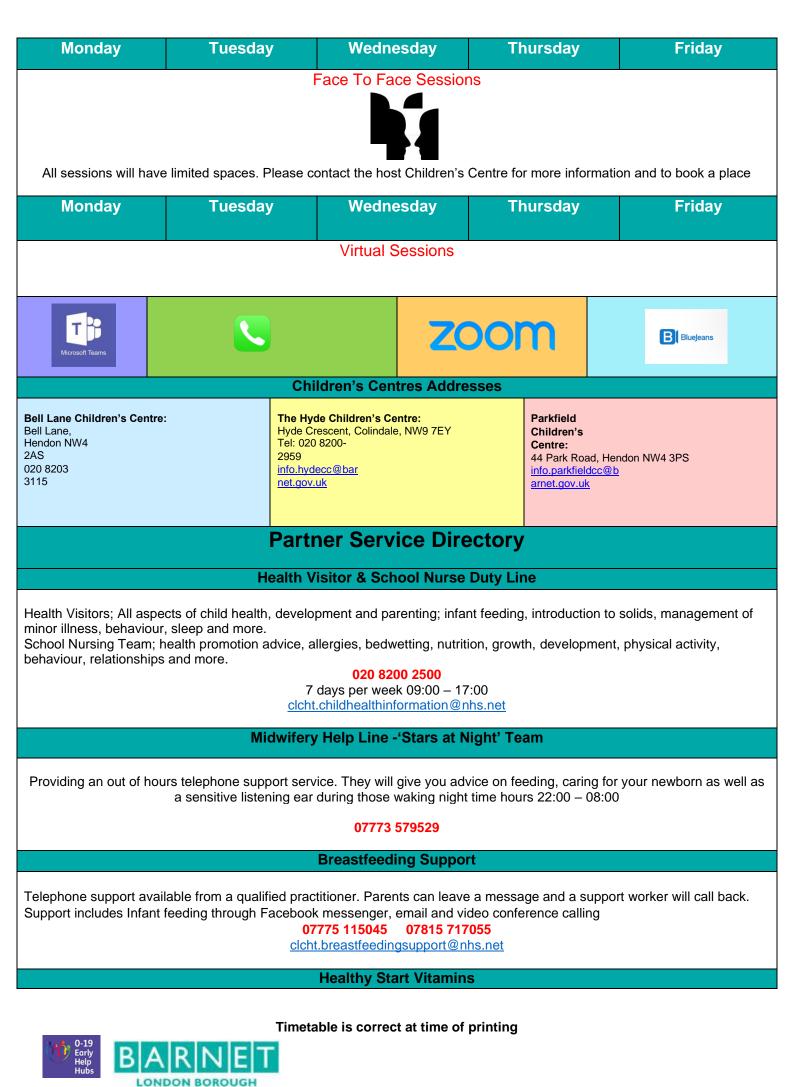


Spring Timetable 04.01.2021-01.04.2021 Activities offered weekly unless otherwise stated







Are you pregnant or have children under the age of four? You could qualify for free Healthy Start vitamins if you're on benefits, or if you're pregnant and under 18. To check eligibility please go to the following website.

https://www.healthystart.nhs.uk/

Vouchers can be redeemed at Barnet Children Centre's.

Barnet Wellbeing Service

A hub that connects people to the appropriate wellbeing support. 'The wellbeing navigator will listen to your personal story, understand your needs and connect you to services tailored for you'.

0333 3449088

www.barnetwellbeing.org.uk info@barnetwellbeing.org.uk

Embrace Service

A post natal depression support group continues to provide support to mums and families experiencing low mood, anxiety or depression whilst pregnant or post birth. Natasha and Charlotte can be contacted via Coppetts Wood Children's Centre 07917 521350. They can offer email or telephone support to anyone who would like to talk to them. Both have personal, lived experience of PND and anxiety. Talking to someone who understands what you are experiencing can help enormously in your mental health and wellbeing in the perinatal period.

Barnet Integrated Clinical Service (BICS)

BICS Early Help Clinical services offer social, emotional, behavioral and mild to moderate mental health support to children, young people and families within Barnet.

https://wwc.barnet.gov.uk/barnet-integrated-clinical-service-bics

079260 85495 9am to 8pm

Barnet Library Service

In line with government guidance Libraries will be gradually re-opening and services re-introduced over the coming weeks and months. The safety of customers and staff is paramount. From next week Select and Collect Service for books, DVDs and CDs will be available from eight libraries and pre-booked computers are now available at selected times at four libraries. Please visit <u>www.barnet.gov.uk/libraries</u> for more information.

Welfare Rights

The welfare rights service provide advice to families about welfare benefits provide other advice services. They can help you complete forms, appeal against decisions, help you apply for other benefits, provide information on other benefits and offer money advice.

Ayesha.Feisal@barnet.gov.uk Amina.Baadhio@barnet.gov.uk Citizen Advice Barnet (CAB)

Although they have suspended their face-to-face services, the team are still there to help and give you free, impartial advice. For advice on any issue call us on 0300 456 8365 – Monday-Friday 9:30am – 4:00pm, Wednesday 9:30am – 7:30pm If you need help claiming Universal Credit, please call: 0800 144 8444 (Freephone) – Monday-Friday 8:00am – 6:00pm. For help applying to the EU Settlement Scheme, please call: 0300 456 8365



For the Macmillan Welfare Benefits project, please call: 020 8440 4227 For email advice, please complete the online form found on the webpage <u>http://barnetcab.org.uk/</u>
Boost
Boost provide an array of services including employment, benefit advice, skills and wellbeing project with the aim to helping Barnet residents. They use a personal approach to understand individual's circumstances, help residents overcome obstacles and gain the confidence and skills to make a positive change. Services include: - CAB (0300 4568365) - Twining Enterprise (0300 1237059) - National Careers Service (0800 100900) 020 8359 2442 boost@barnet.gov.uk boostbarnet.org
Free Early Years Education
Information about the Free Early Education for 2- and 3/4-year olds. You may be entitled to up to 15 hours free Education for 2 year olds or up to 30 hours free Education for 3/4 year olds. For more information please call the Early Years Brokerage Team 020 8359 3052
Family Support & Early Help (0 -19 Early Help Hubs)
Parkfield Children's Centre: 44 Park Road, Hendon NW4 3PS info.parkfieldcc@barnet.gov.uk
Solace
A free and confidential service for women and men in Barnet affected by abuse; *Improving your safety *Housing & homelessness *Finance and welfare benefits *Access to legal services *Parenting & children *Emotional support 020 3874 5003 Barnet.advocacy@solacewomensaid.org
Barnet Children's Integrated Therapy (Speech and Language Therapy, Occupational therapy and Physiotherapy)
Barnet Children's Integrated Therapy Team will continue to triage new referrals. We will offer video and telephone consultations for assessment for Children and Young People referred to Occupational Therapy and Physiotherapy Speech and Language Therapy accepted to the service. Where there is an identified urgent and critical need by a Physiotherapist, Occupational Therapist, Speech and Language Dysphagia Therapist then a face-to-face intervention will be provided. If parents of any children known to Barnet Children's Integrated Therapies would like some advice on how to support their child at home then please contact:
nem-tr.barnetcit@nhs.net Change, Grow and Live Service
Change, Grow and Live Service

0-19 Hubs Hubs BARNET

The service is for those living in the Borough of Barnet who are experiencing issues with drugs and alcohol. Support is available between 9:00 - 17:00, Monday to Friday.

0300 3032866

Barnet.info@cgl.org.uk

www.changegrowlive.org/barnet

Smoking Cessation

Supporting Barnet residents to stop smoking. Please refer to the Barnet website for further information

smokingcessation@barnet.gov.uk

https://www.barnet.gov.uk/health-and-wellbeing/adults-health/stop-smoking-support

Stop Smoking London Helpline:

0300 123 1044

